



YRBSS

National Youth Risk Behavior Survey: 1991-2003

Trends in the Prevalence of Physical Activity

What Is the National Youth Risk Behavior Survey (YRBS)?

The national YRBS monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	2003	Changes from 1991 – 2003 ¹	Change from 2001 – 2003 ²
Participated in sufficient vigorous physical activity (Exercised or participated in activities that made students sweat and breathe hard for 20 or more minutes on 3 or more of the 7 days preceding the survey.)								
NA ³	65.8 (±1.4) ⁴	63.7 (±3.1)	63.8 (±2.1)	64.7 (±2.1)	64.6 (±1.5)	62.6 (±2.3)	No change, 1993 – 2003	No change
Participated in sufficient moderate physical activity (Physical activities that did not make students sweat and breathe hard for 30 or more minutes on 5 or more of the 7 days preceding the survey.)								
NA	NA	NA	NA	26.7 (±1.6)	25.5 (±1.3)	24.7 (±1.3)	No change, 1999 – 2003	No change
Did strengthening exercises (For example, push-ups, sit-ups, or weightlifting on 3 or more of the 7 days preceding the survey.)								
47.8 (±2.6)	51.9 (±2.8)	50.3 (±3.7)	51.4 (±2.4)	53.6 (±2.1)	53.4 (±1.7)	51.9 (±2.6)	Increased, 1991 – 2003	No change
Enrolled in physical education class (On one or more days in an average week when in school.)								
48.9 (±5.5)	52.1 (±5.3)	59.6 (±11.5)	48.8 (±10.9)	56.1 (±7.2)	51.7 (±4.6)	55.7 (±7.3)	No change, 1991 – 2003	No change
Attended physical education class daily (Five days in an average week when in school.)								
41.6 (±5.5)	34.3 (±4.8)	25.4 (±9.4)	27.4 (±5.6)	29.1 (±9.5)	32.2 (±4.9)	28.4 (±5.7)	Decreased, 1991 – 1995 No change, 1995 – 2003	No change
Watched 3 or more hours of television (On an average school day.)								
NA	NA	NA	NA	42.8 (±3.0)	38.3 (±2.3)	38.2 (±2.9)	Decreased, 1999 – 2003	No change

¹ Based on linear and quadratic trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

² Based on T-test analyses.

³ Not available.

⁴ 95% confidence interval.

Where can I find more information?

More information about the YRBSS is available at www.cdc.gov/yrbss or call (888)231-6405.



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION